

Mealtime Memo

FOR CHILD CARE

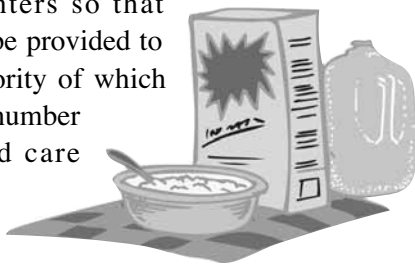


2004

Start Your Day the Breakfast Way!

Breakfast Meal Patterns in the Child and Adult Care Food Program (CACFP)

The CACFP is a United States Department of Agriculture (USDA) program that provides reimbursement and donated foods to day care centers, family day care homes, and Head Start centers so that nutritious meals can be provided to participants, the majority of which are children. As the number of children in child care increases, CACFP providers can play a vital role in improv-



ing the eating habits of children through nutrition education. Breakfast gets children ready to learn and maintains their well-being. Children should develop a lifelong habit of eating breakfast. Some good reasons for eating breakfast include the following:

- ☐ Improves behavior and learning environments
- ☐ Helps to minimize discipline problems
- ☐ Provides daily key nutrients
- ☐ Stabilizes blood sugar levels, which regulate appetite and energy
- ☐ Reduces the risk of type 2 diabetes and cardiovascular diseases
- ☐ Maintains an appropriate weight control reducing impulsive overeating
- ☐ Helps in developing a healthy cholesterol profile with age
- ☐ Helps well-being in children

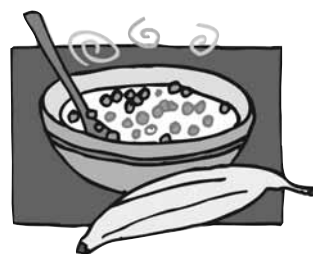
Children do not have breakfast at home for several reasons:

- ☐ Overslept
- ☐ Lack of time or hectic mornings at home
- ☐ Not hungry in the morning
- ☐ Lack of resources
- ☐ Not a priority or important

The breakfast meal pattern can be easy to prepare and cost-effective.

Tips for Planning the Breakfast Meal Pattern for CACFP

- ☐ Follow the CACFP meal pattern for breakfast.
- ☐ Keep the menu preparation simple.
- ☐ Select the type of milk appropriate for the age of the child. Breastmilk is a creditable meal component for infants birth through 11 months. The only creditable alternative to breastmilk is iron-fortified infant formula. Whole cow's milk is not creditable for infants. The American Academy of Pediatrics and health and nutrition experts do not recommend serving reduced fat, low-fat, or nonfat milk to children under two years of age. Children under the age of two need additional fat in their diets for normal growth and development.
- ☐ Serve a variety of vegetables, fruits, and juices. Fruit or vegetable juice must be full-strength.
- ☐ Grains/Breads must be made from whole-grain, bran, germ and/or enriched meal or flour. A cereal must be whole-grain, enriched, or fortified.
- ☐ Contact your State agency or sponsor for information.



2004-5



National Food Service Management Institute • The University of Mississippi

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Child and Adult Care Food Program Meal Pattern for Children

Breakfast for Children

Select All Three Components for a Reimbursable Meal

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk, fluid	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable			
juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread³			
bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour.

Cereal must be whole-grain or enriched or fortified.

<http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/Breakfast.htm>



Child and Adult Care Food Program Meal Pattern for Infants

Child Care Infant Meal Pattern

Breakfast

Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; 0-3 tablespoons of infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; and 2-4 tablespoons of infant cereal ¹ ; and 1-4 tablespoons of fruit or vegetable or both

¹ Infant formula and dry infant cereal must be iron-fortified.

² Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.

³ For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

<http://www.fns.usda.gov/cnd/care/ProgramBasics/Meals/InfantBreakfast.htm>

The CACFP meal pattern for breakfast is translated in Spanish on the Internet web site:

http://www.nal.usda.gov/childcare/Cacfp/mealpatterns_spanish.html

Sources

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